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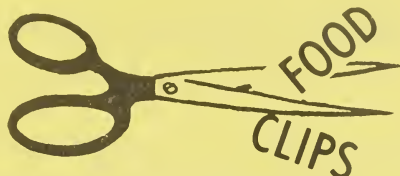
# Food and Home Notes

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Did you know that the grade of the egg does not affect its food values; and that lower grades are as high in nutrients as top grades?

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Often you can tell that a lemon is more tart than another one simply by checking if it has light or greenish-yellow coloring. Deep-yellow ones usually are not tart--that is, compared to the lighter or greener type.

\* \* \*

Dry whole milk does not keep as well as non-fat dry milk. The reason is the difference in the milkfat content.

\* \* \*

It's best not to wash berries or cherries before refrigerating them. Wash them just prior to serving and use promptly suggests the USDA home economists.

\* \* \*

Fats and oils--Refrigerate lard, butter, margarine, drippings, and opened containers of cooking and salad oils.

## LOOK OUT FOR CHIGGERS!

If you're an outdoor person you probably know about chiggers--but how much do you know beyond the point that you don't like them? The young chigger is barely visible to the eye--and it's not really an insect, it's one of the animal feeding mites. It starts out with three legs but manages to develop eight legs. They're most likely to be in deep grass and damp areas where there's quite a bit of organic matter laying on the top of the soil.

Check out the lawn or recreational areas by taking black felt paper and placing it on edge in the place to be checked. Chiggers will crawl up on it--and because they are light colored you can see them.

If you're in an infested area you'll probably want to use repellants on each person--at sock level. Diazinon, chlordane and sevin are effective, and heptachlor granules, which are also still available in most garden supply stores according to Gordon Barnes, Extension Entomologist. Be sure to apply according to directions on the label.

## USDA'S MARKET NEWS

## -----AND WHAT IT TELLS

Consumers -- most of us -- don't worry about whether or not there will be meat in the display case at the grocery store...or fresh vegetables in the bins. But, the action in the marketplace is dependent on many variables. It's individual enterprise at work with no control. But -- how does it work?

"Market News" is one of the answers. It's a nationwide information network provided by Federal and State governments and it's been going on for some 50 years now. The service is coordinated by the U.S. Department of Agriculture's Agriculture Marketing Service.

Here's how it works. Market news reporters--employees of both federal and state governments -- are stationed all across the country where they can check on supplies of various foods and farm products coming to market. Every day they go out to places where the selling and buying of food and farm products take place. And they check by telephone too. They gather information on how much of each product is available, the demand for it, the prices the various qualities of a product are bringing, and other details of the trading that is going on.

Next, they make their information immediately available to newspapers, radio and television and the reports are flashed across the country on a teletypewriter network that interconnects all the market news offices--so the retailer in New York can find out about the supplies in California only minutes after the California market news reporter has filed his report.

With this information available to everyone supply lines can be full and the consumer benefits from the stabilizing effect on supplies and prices of food.

## LOW-COST MEALS

### ----WITH A HIGH RETURN

Beans as nutritious as steak? Sounds a little ridiculous, doesn't it? But, a U.S. Department of Agriculture economist, found that a wide variety of foods, at different cost levels could provide approximately the same nutritional levels.

Menus from beans to steaks all figured out at about 1,000 calories (per portion), and had about the same amounts of vitamins and minerals. But, prices of meals -- all for a family of four -- ranged from \$2.20 (for the beans), to \$11.80 (for steak). Sandwiched in between was a "standard" meal, ( with ground beef and fresh vegetables ) that cost \$3.80.

The low-cost and standard meals had adequate protein -- each provided about  $\frac{1}{2}$  of a day's requirements, while the steak dinner had more than a day's requirement. But the low-cost diet was much lower in saturated fat.

Low-cost menu - each serving - \$2.20 (four servings)

1 $\frac{1}{2}$  cups of peas, navy or greatnorthern cooked with ham hock  
cole slaw

2 pieces of homemade cornbread with margarine

$\frac{1}{2}$  cup of applesauce

2 purchased oatmeal cookies

Instant coffee and milk

Standard dinner would cost approximately \$3.80 (four servings)

One serving:

$\frac{1}{2}$  cup of tomato juice, saltines

3 ounces of ground beef, catsup



## LOW-COST MEALS (CON'T)

½ cup mashed potatoes ( made from scratch with margarine and milk )

½ cup canned green beans

tossed salad with lettuce and radishes plus a dollop of French Dressing

bread and margarine

slice of homemade apple pie

instant coffee with half milk, half cream creamer

Or you can jump to the "expensive" meal at a cost of \$11.80 for four people -- a higher priced cut of meat plus an extensive use of ready-prepared foods jacked up the cost.

One serving

Ready-to-serve shrimp cocktail

½ pound ribeye steak

baked potato and sour cream

frozen peas with butter sauce

tossed salad with lettuce, green pepper, tomato, and radishes with purchased blue cheese dressing

brand name sesame seedrolls with butter

slice of purchased brand name apple pie

brewed coffee and table cream

The point of the survey is to show that meals can be inexpensive and still be good for you. Ready-to-serve items are the ones you really pay for.

NOTE: Additional information for MEDIA and photographs (when applicable) may be obtained from: Shirley Wagener, Editor of Food and Home Notes, Room 535-A, Office of Communication/Press Service, U.S. Department of Agriculture, Washington, D.C. 20250. Telephone 202-447-5898.